**Family Kitchen Early Years**

 **Golden Lane Children Centre**

 **Autumn 1 term 2021**

**Course:** Family Kitchen Early Years (not accredited)

**Tutor:** Norma Miano

**Start date**: 01/10/2021

**End date:** 22/10/2021

**Day & time Friday** 10.00am-12.00pm

  **Course outline**

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| --- | --- | --- |
| **Topic** | **Recipe** | **Healthy eating message**  |
| **Week 1****Introduction to the course** **Induction**  | Banana flapjacks and berry compote  | Importance of breakfast Look at cereals label |
| **Week 2****Eat well guide** | Rainbow pizza and carrot salad  | Discuss different food groups  |
| **Week 3** **Sugar content in everyday food**  | Cheesy scones and spinach hummus  | Discuss daily sugar cubes intake for all ages  |
| **Week 4** **Food labels reading**  | Baked popcorn cauliflower with yogurt dip  | Discuss how to read food label with the traffic light card and compare different food nutrition values  |



 **Be Safe Online**

https://www.getsafeonline.org/

https://www.etflearners.org.uk



